



CROSSROADS

A Publication For And About Valued D&T Team Builders

APRIL 2006

D&T contractors urged to join 'Highway Watch'

D&T Trucking Company is actively participating in a nationwide trucking industry program developed to help protect the country's critical infrastructure and the movement of goods, services and people. The program, called "Highway Watch," was initiated as a safety and security response to the terrible tragedy of September 11, 2001 and utilizes the skills, experiences and "road smarts" of America's truck drivers.

Motor carriers such as D&T are therefore encouraging and recruiting their drivers to join in the vital effort. By knowing and understanding their industry, truckers are able to notice something that is out of the norm and, say Highway Watch officials, the immediate sharing of information with the proper authorities will help make the nation more secure.

"D&T Trucking Company believes strongly in this program," said Bob Dolle, company President. "Homeland security is everyone's responsibility, and our industry can play an important role."

Toward that end, there is a Highway Watch driver training and certification process that focuses on vigilance, what to look for and how to report it. The training, which some of D&T's independent contractors have already received, deals with potential terrorist-related activities and targets—bridges, tunnels, hazardous materials locations, etc.—as well as potential threats to local facilities. Also covered are safety topics and issues, such as disabled vehicles, major debris on the roadway, reckless driving, road rage, erratic driving and, especially, crashes.

It is easy—and free—to become certified. The driver simply fills out a registration form, listens to a one-hour audio CD and reviews the Highway Watch handbook. The individual's own unique identification number, card and certificate will then arrive within about three weeks.

"Being an official member of Highway Watch is a tremendous aid in getting a quick response to a situation," said Jim Walker, Director of Safety and Compliance for D&T. "With your own identifying number, you can communicate with and be immediately recognized by the Highway Watch Call Center, so that there can be no unnecessary delays in action being taken by the proper authorities."

In view of the critical importance of—and reasons behind—the safety and security program, D&T Trucking Company is urging its independent contractors to "sign up" and take part. Why wouldn't any driver not want to be involved? That's the rhetorical question from the trucking industry.

Interested? Contact Jim (651-481-6126) and for general information, go to www.highwaywatch.com.



Honoring yearly Safe Driving Achievers

Each month marks an anniversary for D&T contractors reaching a particular number of years during which they have been 100 percent accident-free. The Crossroads is pleased to honor them by listing their names, and following are those Safe Driving Achievers whose anniversary month was in March.

- 18 Years - Al Posthuma
- 4 Years - Calmer Johnson
- Ted Larson
- 3 Years - David Taft
- 1 Year - Lukasz Daniel

The quarterly listing of outstanding D&T contractors

It takes special people to meet over-the-road challenges nowadays. Driving safely and being on time, though, are always a professional way of life for the outstanding independent contractors of D&T Trucking Company. They make possible the high quality customer service which has traditionally enabled D&T to retain accounts and earn new business as well.

100 Percent Safe Driving Achievers, First Quarter, 2006

Jeffrey Allguire	Tomasz Garbacz	Paul Kruske	Raymond Shankle
Gary Anderson	Wojciech Gawiec	Joe Lang	Earl Shrader, III
David Antiel	Anthony Gluch	Theodore Larson	Stefan Sienczuk
Joseph Appel, Jr.	James Grey	Jerald Long	Marvin Soelle
Royce Beek	Paul Green, Jr.	James Long	Gary Stewart
Brandon Bergman	Grace Griebel	Michael Lyons	Derrick Stout
Carlyle Berhow	Anthony Hanvold	Frank Mackes, Sr.	Tadeusz Strus
Michael Bolduc	Evelyn Heldt	Garry Meyers	Charles Swanson
James Boyer	John Heldt	Shawn Nelson	Piotr Swiatek
John Bracelen	Edwin Hohnke	Charles Noll	David Taft
Lucian Bunas	Gerald Holmstrom	Mariusz Okula	Mary Taft
James Caldwell, Jr.	Brian Hoppenrath	William Paul	Martin Ver Kilen
Jason Carolan	John Hostetler	Steven Petersen	David Wallace
Ralph Castillo	Steven January	Harold Pflughoeft	Dean Wallace
Paul Christle	Zbigniew Jarzab	Lavern Pflughoeft	Kathleen Wallace
Frnacis Collins	Nathan Jensen	Svetoslav Popov	Richard Wallace
Allan Cordes	Calmer Johnson	Alan Posthuma	Timmy Wallace
David Croes	Calvin Johnson	Norman Poiter	Donald Warner
Mark Crom	Rodney Johnson	Duane Rubner	Pawel Winiarz
Andrzej Dajwowski	Terrance Johnson	Waldemar Satola	Tryan Winston
Urszula Dajwowski	Ryszard Jucha	James Schira	Daniel Zielinski
Lukas Daniel	Artur Karwat	Joseph Schumacher	
Dean Dobberfuhr	Todd Kohnen	Jordan Scheidt	
Pawel Dzimira	Kenneth Kosbab	Lloyd Schofield, Jr.	

Getting the best out of your air conditioning

Call it six steps to cold air! With hot weather driving not too far away, the D&T shop suggests getting prepared now to get the best performance out of your air conditioning system when the need arises.

Along that line, here is the timely preseason checkup reminder, consisting of recommendations for visual inspection of the following six items/categories.

Condenser—Check the condenser coil for obstructions. Dirt accumulation, bugs and bent fins reduce airflow. These conditions can cause excessive head pressure, reduced cooling performance and shortened compressor and clutch life. Use hot soapy water to remove dirt and bugs. Be careful if using a pressure washer; the fins are aluminum and bend easily. Bent fins can be straightened with a fin comb. Don't forget to check the condenser mounting hardware, too.

Evaporator—Check the evaporator drain hose for obstruction. If it's plugged and water collects in the evaporator housing, bacteria can grow there and cause musty odors. It may also cause water to leak out into the cab. Also check the drain tube for signs of antifreeze or refrigerant oil. If either is present, check the cab unit for coolant or refrigerant leaks.

Compressor—Check for loose hardware on the compressor mounting brackets and clutch. These fasteners should be tightened to the vehicle manufacturer's torque specifications. Don't forget to check the belts for proper tension and condition.

Hoses—Inspect hose assemblies for abrasion, wear, leakage or loose fittings. Tighten or replace them as needed.

Electrical—Check all electrical connections and wiring for corrosion, breakage and fraying. Repair or replace as needed.

Refrigerant level—With the engine running at 1200 to 1500 rpm, make sure that the AC clutch is engaged. Let it run for about five minutes and check the sight glass for bubbles, streaking or cloudiness. These symptoms indicate problems such as low refrigerant charge or system contamination.

This six-step preseason checkup, if performed now, will allow time for repairs, in the event that visual inspection indicates problems. These repairs involve special tools and procedures, the shop pointed out, and consequently should be done by a qualified service technician.

100 Percent On-Time Achievers, First Quarter, 2006

Jim Adams
 Jeff Allquire
 Gary Anderson
 Dave Antiel
 Joe Appel, Jr.
 Joe Appel, Sr.
 Bob Bailey
 Royce Beek
 Brandon Bergman
 Carlyle Berhow
 Mike Bolduc
 John Bracelen
 Lucian Bunas
 Don Burton
 Jim Caldwell
 Jason Carolan
 Ralph Castillo
 Paul Christle
 Frank Collins
 Al Cordes
 David Croes
 Mark Crom
 Andrzej Dajwlowski

Lukasz Daniel
 Dean Dobberfuhl
 Pawel Dzimira
 Tomasz Garbacz
 Tony Gluch
 Paul Green
 Grace Griebel
 Greg Grunert
 Tony Hanvold
 John & Evelyn Heldt
 Ed Hohnke
 Gerry Holmstrom
 Brian Hoppenrath
 John Hostetler
 Steve January
 Nathan Jensen
 Cal Johnson
 Calmer Johnson
 Rodney Johnson
 Terry Johnson
 Todd Kohnen
 Ken Kosbab
 Paul Kruske

Joe Lang
 Ted Larson
 James Long
 Jerry Long
 Mike Lyons
 Frank Mackes
 Terry Melvin
 Garry Meyers
 Mike Mihes
 Shawn Nelson
 Chuck Noll
 Mariusz Okula
 Milt Olson
 Charles Swanson
 Willy Paul
 Steve Petersen
 Harold Pflughoeft
 Lavern Pflughoeft
 Svetoslav Popov
 Al Postuma
 Norm Potter
 Duane Rubner
 Waldemar Satola

Jerry Scheidt
 Lloyd Schofield
 Earl Schrader
 Joe Schumacher
 Art Scott
 Ray Shankle
 Stefan Sienczuk
 Tom Smith
 Gary Stewart
 Derrick Stout
 Jimmy Stout
 Tad Strus
 Piotr Swiatek
 Dave & Mary Taft
 Marty Ver Kilen
 Dave Wallace
 Rick Wallace
 Timmy Wallace
 Don Warner
 Pawel Winiarz
 Tryan Winston
 Daniel Zielinski

A final tribute to Art Scott **D&T equipment (and driver) of the month for May**

Sadly, we report the death April 8 of Arthur Scott, the D&T independent contractor featured for the month of May in the 2006 Working Class Pride and Polish calendar. As is often the case with drivers selected for the calendar, Art was surprised to be included; his truck (a 1996 Western Star) "is far from new," he explained.

But that is why the term "Working Class" precedes "Pride and Polish" in the calendar front page heading. Any truck can qualify for recognition so long as it is professionally maintained, and in that regard Art was certainly most deserving.

"I keep up my truck," he said, "and if something should be done, I don't leave it until next week."

He enjoyed trucking immensely and termed it "a relief" to be able to get back on the road after undergoing serious surgery in the spring of 2005—"I don't feel right when I'm not working," said Art. At the time of the interview for this year's calendar, he remarked that he was in better health than he had been for some time. But there was a recurrence and eventually his illness proved to be fatal.

D&T Trucking Company expresses our sympathy to his wife, Stella; children Sheryl, Tina, Sandra, Kenneth and Gary; grandchildren Sarah, Corrie, Nichole and Gary III; and the many relatives and friends.



'Decision Driving' works in reducing accidents

Avoiding accidents requires a combination of driver skills and appropriate decisions, it has been pointed out by Liberty Mutual, D&T's insurance carrier.

That's why experts at the Liberty Mutual Research Institute for Safety developed its action-oriented "Decision Driving" program, which won the Arthur Quern Quality Award from the Risk and Insurance Management Society, Inc. This award acknowledges activities within the field of risk management "that demonstrate sustainable and measurable results through a quality improvement process."

In other words, adhering to principles of Decision Driving is effective in reducing the frequency of accidents. Among driving techniques stressed in the Liberty Mutual program are expanding look-ahead capacity; continually scanning for bicyclists; pedestrians, construction, erratic motorists, traffic congestion and changing road condition; signaling intentions early by using turn signals, horn or lights when appropriate to avoid surprising others; and planning an "escape route"—thinking ahead about actions that can be taken to avoid a crash.

"There's a direct correlation between crash-free driving and the decisions you make and actions you take," reported safety experts from Liberty Mutual.

An example of how quality service pays off

In an article in the first Crossroads issue of 2006, D&T Trucking Company marketing/sales representatives Phil Casperson and Jay Matykiewicz discussed company plans for this year. Specifically, they talked about the always successful ways in which "we grow our business" and therefore provide D&T's independent contractors with even more opportunities in choosing their loads and being as active as they want to be.

The goal is two-fold: Attract new accounts and increase volume with existing customers.

"Selectively seeking additional accounts is a sensible approach for any business," said Phil, "but D&T remains focused, too, on our present customers by continuing to give them totally dependable and high quality service."

The results in both areas are already being seen. And, with regard to existing accounts, one example of the benefits of such service can be found in the relationship with Kohler Mix Specialties, a division of Morningstar Foods.

Since the beginning of the year, D&T has been hauling double the weekly number (and sometimes more) of loads for Kohler, "and the number could be even higher during our busy season from April to September," said Doug Anderson, the customer's Traffic Manager.

Anderson was interviewed by the Crossroads last year for its "Customer Comments" feature. Everything he said then about how D&T meets Kohler's transportation requirements "is just as true today," he pointed out. So when Kohler got new customers for lanes that work with D&T, this paid off in more business for D&T and our independent contractors.

"We appreciate the business," said D&T's Jay 'Maty'. "It's desirable freight to handle and our drivers like it. We have a positive relationship with Kohler; it's a very good fit for everyone."

A tradition continues



The completion of another year in business was noted at D&T Trucking Company on April 17, the anniversary day of the official founding of our company. The traditional cake was served. . .and then it was back to work, continuing the same high quality of service that has enabled D&T to succeed since 1959.



Happy birthday wishes to them:

David Antiel	May 23
Ralph Castillo	May 19
Evelyn Heldt	May 23
John Hostetler	May 18
Frank Mackes, Sr.	May 15
Gordon Minnichsoffer	May 3
Milton Olson	May 3
Jordan Scheidt	May 8
Ralph Setterlund	May 15
Wanda Svenson	May 10
Piotr Swiatek	May 16
Richard Wallace	May 22



The Customer Comments ...

(Editor's note: Last year the Crossroads interviewed Doug Anderson, Traffic Manager, Kohler Mix Specialties, a division of Morningstar Foods, White Bear Lake, Minn. But his comments are not "old news," because he was happy to repeat them (and thus bring them "up to date") when we talked to him for this issue).

"Morningstar acquired Kohler—we're a dairy plant—in 2003. In March that year we changed from using a logistics company to taking over our freight ourselves. That was when I became Traffic Manager; before that I was Warehouse Supervisor.

"After taking over our own loads, we reviewed the motor carriers that had been delivering for us, asking for bids and about lanes. D&T Trucking Company is among the carriers Kohler Mix Specialties has continued to use. You are a very reliable company. You show up on time, deliver on time, and have well-equipped trailers.

"The (condition of) trailers is one of the first things I'm looking for. Our products, used by millions of people, are temperature sensitive, and obviously we don't want them spoiled by delivery in an improper reefer. That hasn't happened with D&T.

"The lanes you run for us include Wisconsin, Alabama, New York, Ohio, etc. Pickups are usually scheduled a week ahead, although occasionally the lead time might be one day or even just a couple of hours. Deliveries are made within 48 hours to sister plants and to customers. Communication enroute is very important to Kohler. We need to know where the trailer is, when it will arrive, and sometimes we might have to divert the load to another destination. D&T is very reliable about keeping us informed.



Doug Anderson, Kohler Traffic Manager, is pictured (center) with (from left to right) Pam Canfield, Inventory Analyst/Shipping Clerk; Stacey Renn, Inventory Analyst/Shipping Clerk; Tim Noll, Distribution Supervisor; and Mike Roach, Distribution Manager.

"Our distribution people work with your (and other) drivers, checking them in and out. My role is to make sure loads arrive on time, and I personally see drivers all the time. We respect them just as they have to respect us and our customers. I've seen the professionalism of D&T drivers; that's important to Kohler. By hauling our products, drivers are representing us to our customers.

"All in all, we have a very good relationship with D&T. You are a very good carrier for us."



Kohler Mix Specialties, a dairy producer, relies on D&T as one of its motor carriers.

Driver distraction is key factor in crashes

The National Highway Traffic Safety Administration (NHTSA) estimates that at least 25 percent of police-reported crashes—that's more than 1.5 million collisions a year, more than 4,300 crashes each day—involve some form of driver inattention.

A factor in more than half of these crashes, according to NHTSA, is driver distraction, meaning when something distracts or delays the driver from recognizing or reacting to a potentially dangerous situation. Here are some all-too-common distractions.

1. Making adjustments to vehicle controls (radio, air conditioning/heating, mirrors, etc.) after beginning to drive instead of before.
2. Reaching down or behind the driver's seat while on the road to pick up things.
3. Doing personal grooming in the vehicle instead of at home.
4. Not planning the route before beginning a trip; pull over and park before trying to read a map.
5. Not using a cell phone safely (the safest time is when stopped).
6. Eating and/or drinking while driving.

If you see a vehicle zigzagging back and forth, from one lane to another, that driver most likely is experiencing distraction of one form or another. The best defense is to stay clear if at all possible.

Profile of a Contractor . . . Marv Soelle

BEING PROFILED BECAUSE:

Marv has become a member of D&T Trucking Company's Hall of Fame for his 10 years of 100 percent accident-free driving with the company. This prestigious achievement has earned him a special Hall of Fame jacket, 10-year Safe Driving ring, and coveted Hall of Fame plaque (actually, two of them—one for him personally and the other to be mounted in the drivers' room at D&T).

HIS REACTION:

"I think it's great to be recognized by D&T in this way. It makes you feel like you've really accomplished something. I'm proud, too, that I have a good on-time record as well as always driving safely."

HOME DETAILS:

He and his wife, Melinda ("Mendy") and their son, Jonathan, 5, live in Weyerhaeuser, Wis. Their home is a small farm where they have beef cattle. Mendy teaches computer classes part time and also is a volunteer, who writes grants for community programs. Jonathan likes to "help in farming and ride on the tractor," said Marv.

A cherished Soelle family portrait



Pictured are Melinda and Marv Soelle with sons Jonathan, 5, and Jeremy, who tragically passed away October 28, 2005 at the age of 23.



Marv Soelle

HOBBIES:

"Hunting and fishing, when I can, is about it. Otherwise, about all I have time for is working on the farm when I come off the road."

TRUCKING BACKGROUND:

This Hall of Fame recipient has been an owner-operator since 1989; he was a company driver for about 4 1/2 years before that. He had experience as owner-operator with two other companies—"sometimes I had loads and sometimes I was almost starving to death" — before becoming an independent contractor with D&T. A friend (now deceased) told him about our company; "Doug drove for D&T for 25 years and said it was a good place to be," Marv recalled. "So I called Bob (Dolle), and now I have steady work and get home on weekends or at least once a week."

EQUIPMENT:

A 1994 Volvo with nearly 1.5 million miles on it. Soelle describes it as still a good truck and of course he keeps it well maintained.

VIEW OF HIS PROFESSION:

"I enjoy trucking. I like the variety. Having different loads—I especially like nursery stock—seeing different places, the multiple drops; I've had as many as 19 drops on a run. I like to meet different people, farmers, others in trucking. Those are the kinds of people I enjoy talking to; I like to hear their ideas."

TRUCKING PHILOSOPHY:

Defensive driving, and admittedly having some luck, too, are keys to Marv's safe driving record. "I watch out for people in front, in back, all around me," he said, "and always anticipate situations. If you don't do that, you'll be in trouble."

They were ready for roadside inspections

The readiness of five D&T independent contractors was evident at roadside inspections in March. Passing inspection with no violations were Jim Schira, Marv Soelle, Al Posthuma, John Heldt and Paul Green

They did it by meeting requirements of their profession, such as:

- Logs and other paperwork kept current and accurate.
- Pre-trip inspections to ensure that equipment is operated free of any safety-related defects.
- Driver credentials, including CDL and medical cards, maintained on person and current.
- In driver's possession and current: license and permit credentials for each state in which he/she is traveling.
- Safety equipment on board, operational and secure.

The response to these basic trucking standards by the aforementioned five contractors, as well as by so many others throughout the course of the year, is very much appreciated by D&T.

Truck Driving Championships: A 'competitive adventure'

If this is spring, it must be time for a story about the annual Minnesota Truck Driving Championships sponsored by the Safety Council of the Minnesota Trucking Association (MTA). The 2006 event is scheduled for June 10-11 at Yellow Transportation in Burnsville, Minn.

Called an "exciting competitive adventure," the Championships are limited to the first 125 eligible drivers. They offer participants the opportunity to test their skills and to enjoy a weekend of companionship with other industry professionals.

There are eight classes of competition, with special plaques being awarded to first, second and third place finishers in each class. First place winners also earn the right to represent Minnesota in the ATA National Truck Driving Championships, which will take place in August. Presentation of state awards, and other recognition by the MTA, will highlight the traditional concluding Championships Banquet Sunday evening, June 11, at the Shakopee Ballroom and Banquet Center, Shakopee, Minn.

D&T Trucking Company over the past several years has had a number of our highly qualified independent contractors compete in the MTA Championships; last year Waldemar Satola took

home third place honors in the Sleeper Berth class. This year D&T, which pays the entry fee for our contractors, is again looking forward to being represented.

"Drivers who have participated report how much they have benefited and learned from a great experience," said Jim Walker, D&T's Director of Safety and Compliance.

Jim has all the details on eligibility, how to enter, and what is involved in the competition. So if you're adventurous about meeting a competitive driving challenge, he wants to talk to you!



In a photo taken at last year's banquet, D&T contractor Waldemar Satola is shown with his award.

On the Lighter Side . . .

WHERE FRIENDSHIP ENDS

Fred and Bill were hiking in the woods when Fred was suddenly bitten by a snake. Understandably he turned pale, immediately became extremely nervous, and started feeling ill. Bill ran to their car and drove to a nearby small town, where he found that the only doctor was preparing to leave his office.

"I can't come with you," the doctor said, "because I'm going to deliver a baby now. But snakes aren't poisonous in these parts. So here's what to do to calm your friend down. Take a knife, cut a little 'X' where the bite is, and suck out the blood. Then tell him I said that he won't be sick."

Bill hurried back to Fred, who cried out, "Did you see a doctor? What did he say?"

"He said not to worry," answered his friend. "You're in no great danger. You'll just be sick for awhile."

* * *

THERE TOO LONG

As the ocean liner sailed past a small island that was supposed to be deserted, the captain was surprised to see four small huts, with smoke coming from one of them. He decided to send a crew ashore to investigate.

An elated man greeted them. "Thank goodness you're here," he shouted. "I was shipwrecked and have been alone on this island for three years."

"Alone?" a crew member responded. "What are those four huts for?"

"Well," the man explained, "I sleep in the first, eat in the second, and another is where I go to church."

"What about the fourth hut?"

"Oh," said the man, "that's where I used to go to church."

* * *

TRUISMS

Heredity is what starts the parents of a teenager wondering about each other.

People who tend to be all wrapped up in themselves are usually overdressed.

The first rule of tinkering is to save all the parts.

* * *

PRONUNCIATION LESSON

Tourist in Hawaii: "Do you say 'Huh-Why-ee' or 'Huh-Vy-ee'?"

Resident: "The second syllable is really pronounced with a 'v'."

"And that sign over there. Is it 'Pi-pee-Lie-nee'?"

"No, we usually just say, 'Pipeline'."

* * *

POWERFUL REPLY

Power throughout the area had been knocked out by a devastating rainstorm. So electric company repair personnel were being kept busy hour after hour. For some stops, a telephone call was required to get an exact address.

"I'm at Post Office Box 45," was the answer from one home owner.

"Sir," the weary lineman sighed, "I'll be coming to you in a truck, not an envelope."

Be careful in the 'fast lane' of eating habits

Professional drivers understand the need and obligation to operate within speed limits. Many of them, however, are still in the fast lane when it comes to eating habits—especially when on the road—and that is one of the numerous subjects of relevance in “Gettin’ in Gear: A Wellness, Health and Fitness Program for Commercial Drivers.”

Of course the “attraction” of fast food or quick service restaurants is a problem that affects not just truck drivers but the public in general. Consuming 60 percent of calories as fat or refined sugar does more than expand the waistline. It also fills you up and, in doing so, limits the choice of fresh fruits and vegetables, milk and other nutrient-packed foods. Also, a person doesn't get the fiber that may help protect against heart attacks and cancers, which are more prevalent in people with a diet high in fat and calories.

But eating at fast food or quick service establishments does not necessarily have to be high risk. Fortunately things, as the song goes, “are a-changing.” The more consumers ask for healthy foods such as vegetarian menu choices, the more it motivates restaurants to offer them.

Today many chain fast food restaurants and convenience stores offer a variety of salads and (but be careful on this one!) salad bars. Some have baked potatoes and sell small, child-size portions of their items. Some offer non-breaded, non-fried chicken selections. So with proper planning, it is possible to eat

healthy when eating out—even in the fast lane!

You can even find healthy meals at fast food and convenience restaurants, some of which list nutritional information for their menu's items. And if they don't, information can sometimes be obtained from the manager or from the company directly. In many instances, particularly in the case of chain restaurants, you can check the company's internet web site.

Many restaurants also offer food selections with “healthy heart” symbols designating low calorie, low fat choices. These, too, can help. The goal should be to try to have the main entree under 15 grams of fat, and the whole meal under 20 grams of fat. This amount represents about 1/3 of the fat allowance for a 1,500-calorie eating plan or 1/4 of that for a 2000-calorie plan.

Here are additional hints from “Gettin’ in Gear” on how to eat healthier in fast food restaurants:

- Pass up mayonnaise-type sauces and tartar sauces.
- Choose the smaller burger, rather than the larger ones.
- Skip the extra crisp/crunchy coatings.
- Be careful with beverages. A regular 12-ounce soda has 150 or more calories, and no nutritional value (free refills do have a cost)!
- Choose a salad, but be careful of the extras, such as creamy dressings, bacon bits, cottage cheese (if not low fat), potato salad, olives and cheese.

Welcome to the world

Congratulations to D&T independent contractor Daniel Zielinski and his wife, Agnieszka, Long Pond, Penn., on the birth of their son, Oliver, who was welcomed into the world March 23. The vital statistics: 19 inches long, and 8 pounds, 8 ounces. This is the second Zielinski child; Daniel and Agnieszka also have a daughter, Olivia, 3.

Referral bonus update

D&T contractor Pawel Dzimira has received two checks in the on-going Referral Bonus program. The fourth (and final) quarterly payment was presented to Pawel for his referral of Lukasz Daniel, and the third quarterly bonus check went to him for referring Ryszard Jucha. Good work, Pawel, and thanks to Lukasz and Ryszard for listening to him!

Spring season calls for extra driving care

Every season of the year has its own special driving challenges. For example, it's always a welcome feeling when spring arrives but, as enjoyable as this new season is, there's always another side of the coin to consider. Spring is also when the frequency and severity of accidents often increase.

The reasons for this trend start with the fact that many drivers have a tendency to relax and relinquish their normal defensive driving habits as weather conditions change, temperatures are more comfortable, a pleasant wind blows through an open window.

On the other hand, there are new hazards: Heavy rain at times; the sprouting of construction zones; the appearance of more and more campers, RVs, motorcyclists, joggers and other threats to safety. Some operators of RVs and motorcycles, for instance, lack safe driving experience, especially around trucks, and some are just irresponsible; either way, they compound problems on the road and are a cause for caution.

So while spring and the summer soon to follow are seasons to enjoy, they also are times that call for extra care and alertness in order to be prepared to survive the mistakes of others.

Quoting the Contractor . . .

(Editor's note: D&T Trucking Company is asking and encouraging its independent contractors to become members of "Highway Watch," a safety and security program implemented after the terrorist attack on the United States on September 11, 2001. Among contractors who have responded is Ray Shankle. The Crossroads talked to him about it).

"I believed in the purposes behind Highway Watch even before 9/11. Years ago, for example, I remember seeing some suspicious things at a truck stop in Indiana, someone working a scam. And after 9/11, when there were those snipers in Washington, D.C., I heard Fox News XM give a car license number to watch for. I wrote the number down even though I was in Pennsylvania at the time.

"When you see things, sometimes you might feel a little paranoid. Maybe it's nothing. But maybe it isn't. Stuff happens. So when Highway Watch came out, I did what I always wanted to do. I got involved, took the training about a year ago, got my certification number.

"The training provides details on what to look for, and that's good. We (drivers) are in different places. We're another set of eyes. We see things. We might be able to stop something. You never know.

"I think that the idea of Highway Watch is absolutely worthwhile. It's certainly better than doing nothing."



Ray Shankle . . .

Ray (pictured above) has been an owner-operator for about 21 years and an independent contractor with D&T Trucking Company for four years. He and his wife, Rita, live in Deerwood, Minn., up Brainerd way. They have four adult children (two daughters, two sons), a grandson, a granddaughter and a great granddaughter. Oh. . . and Ray also has a dog, Suzie, who at 16 is really getting on in years. But she still travels with him. Ray calls her "my pedigree love mutt."

May anniversaries of service with D&T

CONTRACTORS

- 30 Years - Richard Wallace
- 24 Years - Timmy Wallace
- 22 Years - Gary Stewart
- 5 Years - Nathan Jensen
- 4 Years - Jeffrey Allguire
- 3 Years - Todd Kohnen
- 1 Year - Zbigniew Jarzab

STAFF

- 8 Years - Julie Mechtel
- 7 Years - Jeff Bjerke

A philosophy and words to live by

Ninety-five year-old John Wooden won lasting fame on the American sports scene as basketball coach at UCLA. His teams captured a possibly never-to-be-duplicated 10 NCAA championships and had 88 straight wins between January 30, 1971 and January 17, 1974. No other college team has come close to that record.

Wooden has always lived—and still does—a life built on qualities of loyalty, discipline, adherence to rules, pride, respect for others—all of which will never be out of date, whatever the profession. And his personal summary speaks for itself:

"There is only one kind of life that truly wins, and that is the one that places faith in the hands of the Savior. Until that is done, we are on an aimless course that runs in circles and goes nowhere. Material possessions, winning scores and great reputations are meaningless in the eyes of the Lord, because He knows what we really are, and that is all that matters."

Highway to Health

A factual roundup:

Did you know that . . .

. . .The heart pumps 3 million quarts of blood through the body each year! That's why it's important to keep blood healthy by eating a varied diet, getting regular checkups and, possibly, considering taking a multivitamin.

. . .Stress is the leading cause of lost sleep, even more so than caffeine. But, avoiding caffeine and getting daily exercise can help reduce stress and contribute to better sleep.

. . .Walking 10,000 steps per day is the equivalent of going five miles. The total number of steps—around the house, around the job, in formal exercise, in a combination of the aforementioned—can add up faster than one might think, and experts say that taking 10,000 or more steps a day can improve a person's health.

. . .Up to half of all people who take medicines use them incorrectly. This results in an estimated \$75 billion wasted annually in what otherwise could be unnecessary provider visits, hospital stays, lost wages and prescription adjustments.

. . .Aspirin has been around for more than 100 years, but its power as a medicine is still being discovered. According to research, taking aspirin may help prevent stroke, slow age-related mental decline, and lower the risk of heart attack. However, it should not be taken regularly unless prescribed by the health care provider.

. . .Forgiveness can be thought of as a nonprescription pain reliever. Holding onto anger can have a negative impact on both physical and mental well-being. By forgiving an incident, person, yourself, etc., you restore the power lost by allowing a problem to fester.

. . .High protein foods can increase the presence of certain chemicals that promote alertness and activity, thereby making proteins a good choice for lunch or afternoon meals. But remember that high protein meals can also contain a lot of fat and cholesterol, so keep them lean, low fat or fat free.

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And that's all for this issue. Have a healthy month!